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› doTERRA Serenity Essential Oil Restful Blend - 15 ml User Manual

doTERRA 60201072

doTERRA Serenity Essential Oil Restful Blend - 15 ml User Manual

Model: 60201072

1. PRODUCT OVERVIEW

The doTERRA Serenity Restful Blend is formulated to provide a calming and relaxing aroma, enhancing your overall well-being. This balanced blend is designed to lessen feelings of tension, calm emotions, and support restful sleep when used aromatically. It can also be used topically to soothe the senses and create a tranquil environment.



Image: A 15 ml bottle of doTERRA Serenity Essential Oil, featuring its distinctive purple label.

2. INGREDIENTS

doTERRA Serenity Restful Blend is a proprietary blend of pure essential oils known for their calming properties:

- **Lavender Flower** (*Lavandula angustifolia*)
- **Cedarwood Wood** (*Juniperus virginiana*)
- **Ho Wood Leaf** (*Cinnamomum camphora linaloolifera*)
- **Ylang Ylang Flower** (*Cananga odorata*)
- **Marjoram Leaf** (*Origanum majorana*)
- **Roman Chamomile Flower** (*Anthemis nobilis*)
- **Vetiver Root** (*Vetiveria zizanioides*)
- **Vanilla Bean Absolute** (*Vanilla planifolia*)
- **Hawaiian Sandalwood Wood** (*Santalum album*)



Add 2–3 drops into a warm bath with Epsom salts to create a relaxing, renewing experience, or apply 2–3 drops to the back of the neck or on the heart for feelings of calmness and peace.

Image: Visual representation of some key botanical ingredients found in doTERRA Serenity, including lavender, chamomile, and marjoram leaves.

3. USAGE INSTRUCTIONS

3.1. Aromatic Use

- **Diffusion:** Add three to four drops to a diffuser of your choice to create a relaxing atmosphere in any room.
- **Direct Inhalation:** Place one to two drops in your hands, rub them together, cup your hands over your nose, and inhale deeply to reduce feelings of tension and calm emotions.
- **Pillow Mist:** For a restful sleep environment, add a few drops to a spray bottle with water and lightly mist your pillow or bedding before sleep.



Topical use:

Apply one to two drops to desired area.

Dilute with doTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

Image: A doTERRA Serenity bottle positioned next to an essential oil diffuser, illustrating the recommended aromatic use of three to four drops for diffusion.

3.2. Topical Use

- **Direct Application:** Apply one to two drops to desired areas such as the back of the neck, temples, or pulse points. Dilute with a carrier oil (e.g., doTERRA Fractionated Coconut Oil) as needed to minimize any skin sensitivity.
- **Bedtime Application:** Apply to the bottoms of your feet at bedtime to help unwind and promote a restful night's sleep.
- **Relaxing Bath:** Add 2-3 drops into a warm bath with Epsom salts to create a relaxing and renewing experience.



Image: A person applying doTERRA Serenity Essential Oil to the back of their neck, demonstrating topical application for relaxation.



Image: A person applying doTERRA Serenity Essential Oil to the bottoms of their feet, suggesting a bedtime routine for relaxation.

3.3. Internal Use

This product is intended for aromatic and topical use only. **Do not ingest doTERRA Serenity Essential Oil.**

4. SAFETY INFORMATION

- Keep out of reach of children.
- Highly concentrated; dilute properly with a carrier oil before applying to skin.
- Keep away from eyes and mucous membranes.
- Not to be used during pregnancy or while nursing. Consult your physician if pregnant, nursing, or under a doctor's care.
- Avoid contact with eyes, inner ears, and sensitive areas.

5. STORAGE AND MAINTENANCE

To maintain the purity and efficacy of your doTERRA Serenity Essential Oil, store it in a cool, dark place away from direct sunlight and heat. Ensure the cap is tightly sealed after each use to prevent oxidation and evaporation.

6. TROUBLESHOOTING

If you experience any skin irritation or sensitivity, discontinue use immediately. If irritation persists, consult a healthcare professional. For accidental ingestion or eye contact, seek medical attention.

7. SPECIFICATIONS

Feature	Detail
Brand	doTERRA
Scent	Serenity
Product Volume	15 ml
Item Model Number	60201072
Product Dimensions	1.1 x 1.1 x 2.56 inches
Product Weight	0.16 ounces
Special Feature	Aromatic
Product Benefits	Soothing, Relaxation, Restful Sleep

8. OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video: An official doTERRA video explaining how Serenity essential oil can contribute to better sleep for improved physical activity and overall well-being.

9. SUPPORT

For further assistance, product information, or inquiries, please visit the official doTERRA website or contact their customer support. No returns or exchanges are offered for this product.

